



RAISING HEALTHY DRUG-FREE KIDS

When referring to **Drug-Free**, I'm not speaking of street drugs but rather, over-the-counter and prescription medications. We live in a chemical world. And we teach our children to do the same.

Consider this; as a baby, your teeth hurt, or you had fever or colic, and the people who love you the most gave you a drug to ease your suffering. In grade school, you fell and the people who love you gave you a drug to end your pain. In high school, you broke up with your girl/boyfriend and it was painful; the people who love you the most gave you a drug to ease your agony. In college, you didn't get the grades you wanted and the people who love you gave you a drug to help. And then there are the colds, flu's, etc. and again the people, who love you, gave you a vaccine or drug to protect you. Scary isn't it? Unfortunately, the public has been indoctrinated that this is the way it should be, - that medications make it "all OK," that drugs are good for you. There is something wrong with that concept! As a matter of fact, latest research indicates that properly prescribed medications are the fourth leading cause of death. Not OK!

Recently, however, there has been a new paradigm or shift in peoples thinking emerging. Most people now are no longer happy taking drugs and are beginning to question their doctor. This is a good thing! (Most of the doctors I have spoken with wish their patients would take more responsibility for their health.) The buzzword that is heard now is **WELLNESS** and **VITALISM**. Parents are beginning to realize that the health of their children comes only from a normally functioning body and not from a prescription pad. Most drugs do not correct a problem but simply change your body chemistry and cover-up your symptoms. Have you noticed that drug companies are advertising **prescription drugs** in popular magazines and suggesting that you ask you doctor to prescribe them to you. In 1998, the pharmaceutical companies spent \$12.7 billion dollars promoting these drugs to you and your family..

Doctors of Chiropractic have been teaching patients that only a well functioning body heals. In order to have a well functioning body, the nervous system that controls it also has to function normally. Chiropractors deal with interference to this normal function. We call this interference a Vertebral Subluxation. It can have serious health consequences. It is for this reason that I feel it is imperative for children to be checked for vertebral subluxations.

If you would like additional information on how to raise a healthy drug-free child, you are welcome to attend our Special Appointment offered every Tuesday at 6:00pm. I'd be happy to help!



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